

COMBINED DECLARATION AND POWER OF ATTORNEY

As a below named inventor, I hereby declare that:

My residence, post office address and citizenship are as stated below next to my name,

I believe I am the original, first and sole inventor (if only one name is listed below) or an original, first and joint inventor (if plural names are listed below) of the subject matter which is claimed and for which a patent is sought on the invention entitled DISPOSABLE INHALER, the specification of which

- ☐ is attached hereto.
☐ was filed on as Application Serial No.
and was amended on
☒ was described and claimed in PCT International Application No.
PCT/SE98/00131 filed on 29 January 1998 and as amended under PCT Article
19 on .

I hereby state that I have reviewed and understand the contents of the above-identified specification, including the claims, as amended by any amendment referred to above.

I acknowledge the duty to disclose all information I know to be material to patentability in accordance with Title 37, Code of Federal Regulations, §1.56(a).

I hereby claim foreign priority benefits under Title 35, United States Code, §119 of any foreign application(s) for patent or inventor's certificate or of any PCT international application(s) designating at least one country other than the United States of America listed below and have also identified below any foreign application for patent or inventor's certificate or any PCT international application(s) designating at least one country other than the United States of America filed by me on the same subject matter having a filing date before that of the application(s) of which priority is claimed:

COUNTRY	APPLICATION NO.	FILING DATE	PRIORITY CLAIMED
Sweden	9700423-8	07 February 1997	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes	<input type="checkbox"/> No

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 young women. The program consisted of three sessions per week, each lasting 45 minutes. The sessions included cardiovascular exercise, strength training, and flexibility exercises. The study found that the program significantly improved the participants' cardiovascular fitness, strength, and flexibility. The results suggest that a 12-week training program can be an effective way to improve the physical fitness of young women.

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